



Success Stories

Beehive Elementary

After attending the training this year as a teacher and as a staff member I made two commitments, first that I would not allow sweets in the classroom. I do allow students to bring healthy food as a snack as long as it does not become a distraction. The result is that students have brought grapes, sliced apples, and granola bars into the classroom. The result has been that I do not have to worry about wrappers and other hassles that go along with sweet treats. Furthermore, I know that I am providing the kids with a healthy alternative. For myself I have accepted the challenge of creating a walking program for myself. I started with 1 mile a day and am now up to 2.5 miles a day. In addition, I am swimming three times a week. My goal is to loose weight. So far I have lost 12 lbs and hope to continue that trend.